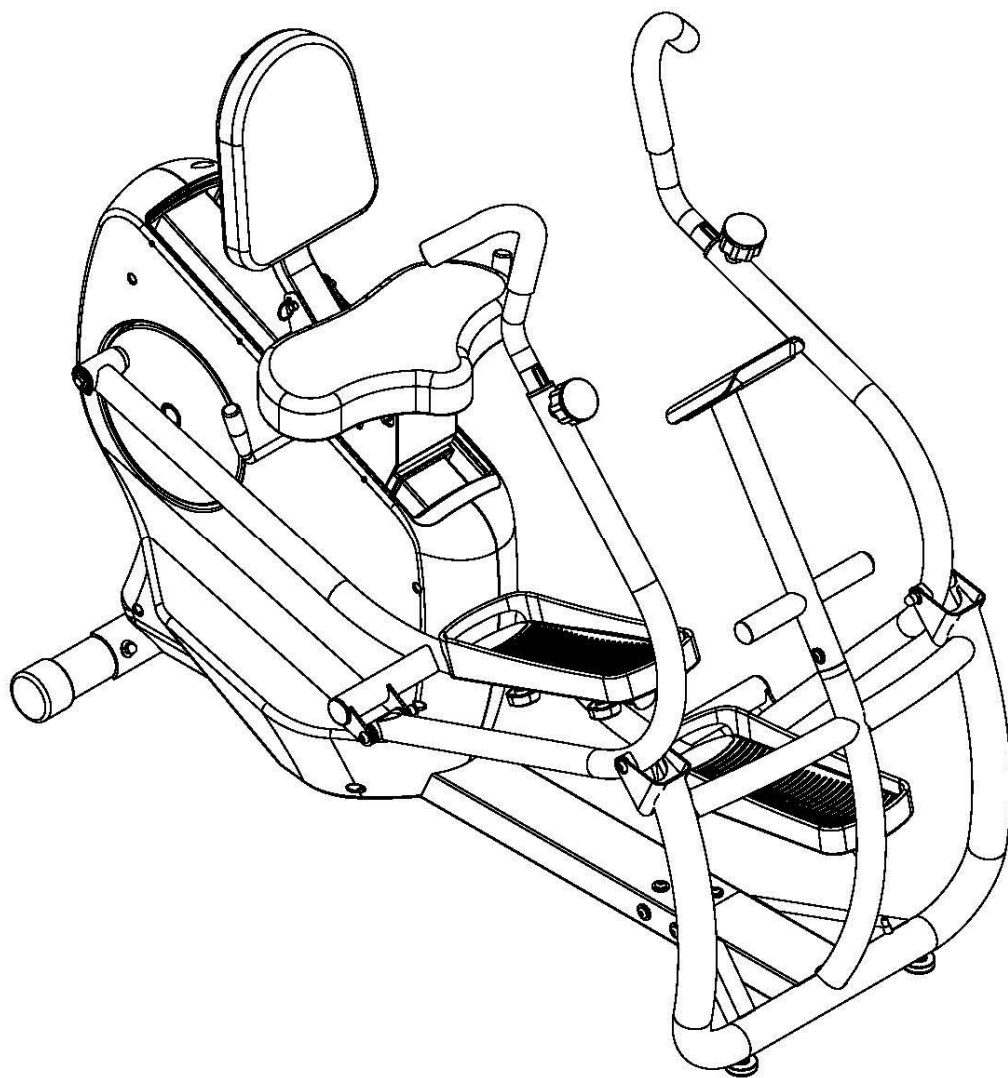




**INSPIRE**



# **CS1 CARDIOSTRIDER**

## **USER MANUAL**



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## BEFORE YOU BEGIN

Thank you for selecting the INSPIRE CARDIOSTRIDER. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

**Toll-Free Customer Service Number**

**1-877-738-1729**

**Mon. - Fri. 8 a.m. - 5 p.m. PST**

**[www.inspirefitness.net](http://www.inspirefitness.net)**

**[www.cardiostrider.com](http://www.cardiostrider.com)**

# IMPORTANT SAFETY NOTICE

PLEASE READ AND SAVE THESE INSTRUCTIONS

## PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

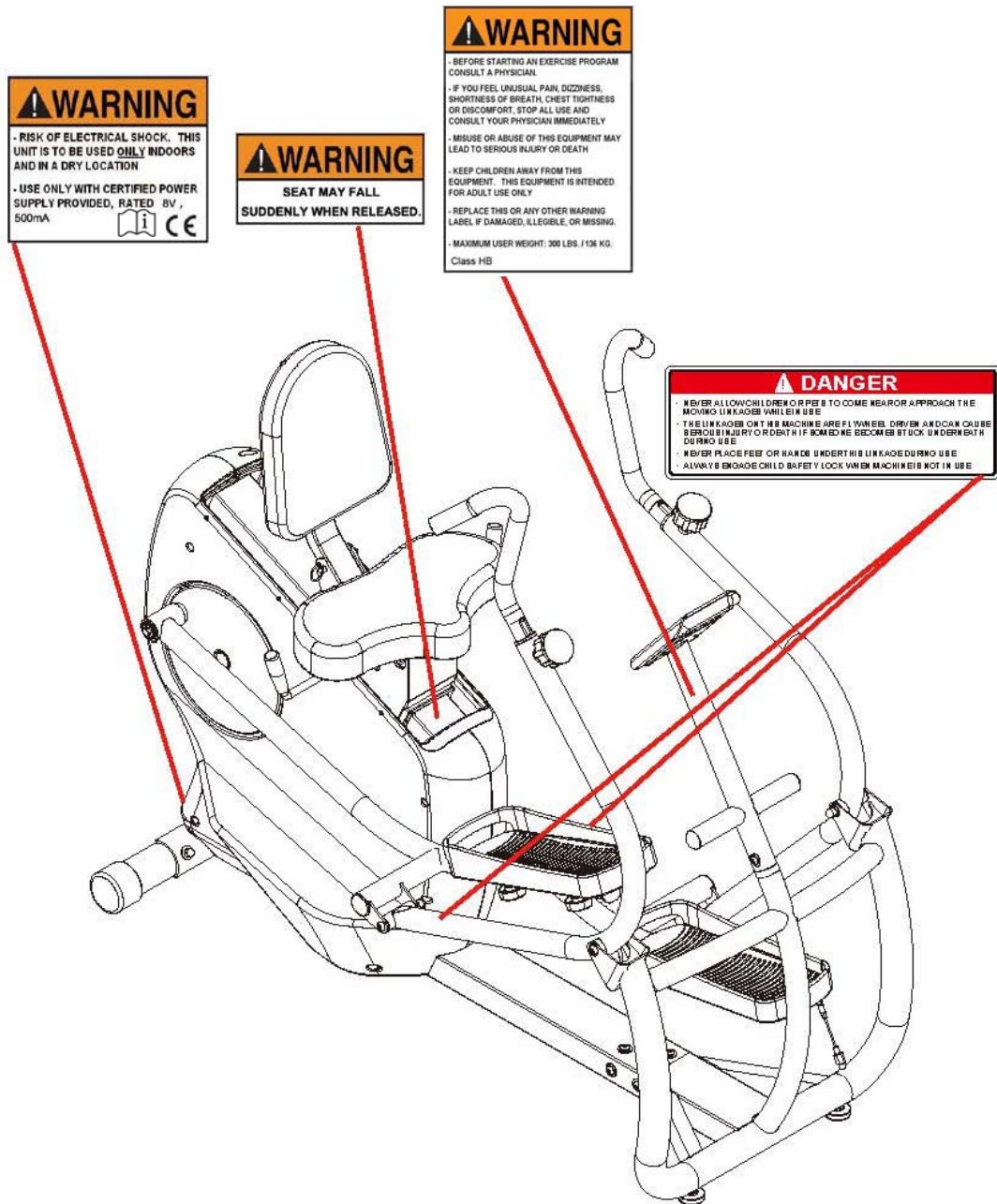
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.**
2. Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
3. Always engage the child safety lock after use. Information about assembly and engagement of this lock is available in STEP 7 of the assembly process.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Keep hands away from all moving parts.
7. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. The braking system of this device is speed independent.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. Maximum user weight 300 lbs (136 kg)
14. Allow 24" (61 cm) of space on each side of unit. **Never place body parts under pivot area (directly behind pedal)**

## CARE AND MAINTENANCE

1. Keep seat slider clean
2. Inspect and tighten all parts before using the machine.
3. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

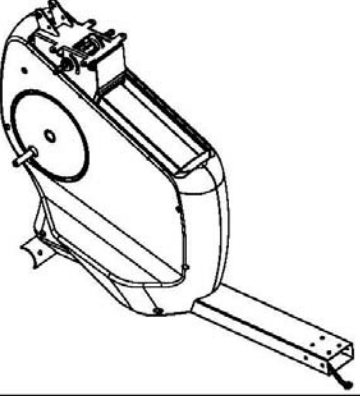
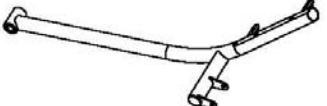

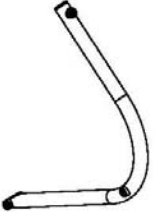
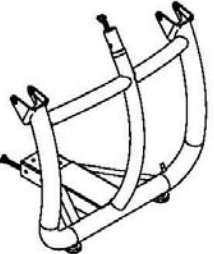







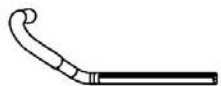





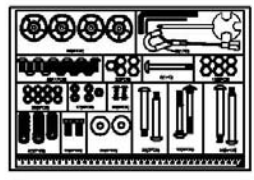
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Neither Health In Motion, LLC. nor FG1, LLC. ASSUMES ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

# WARNING LABEL PLACEMENT

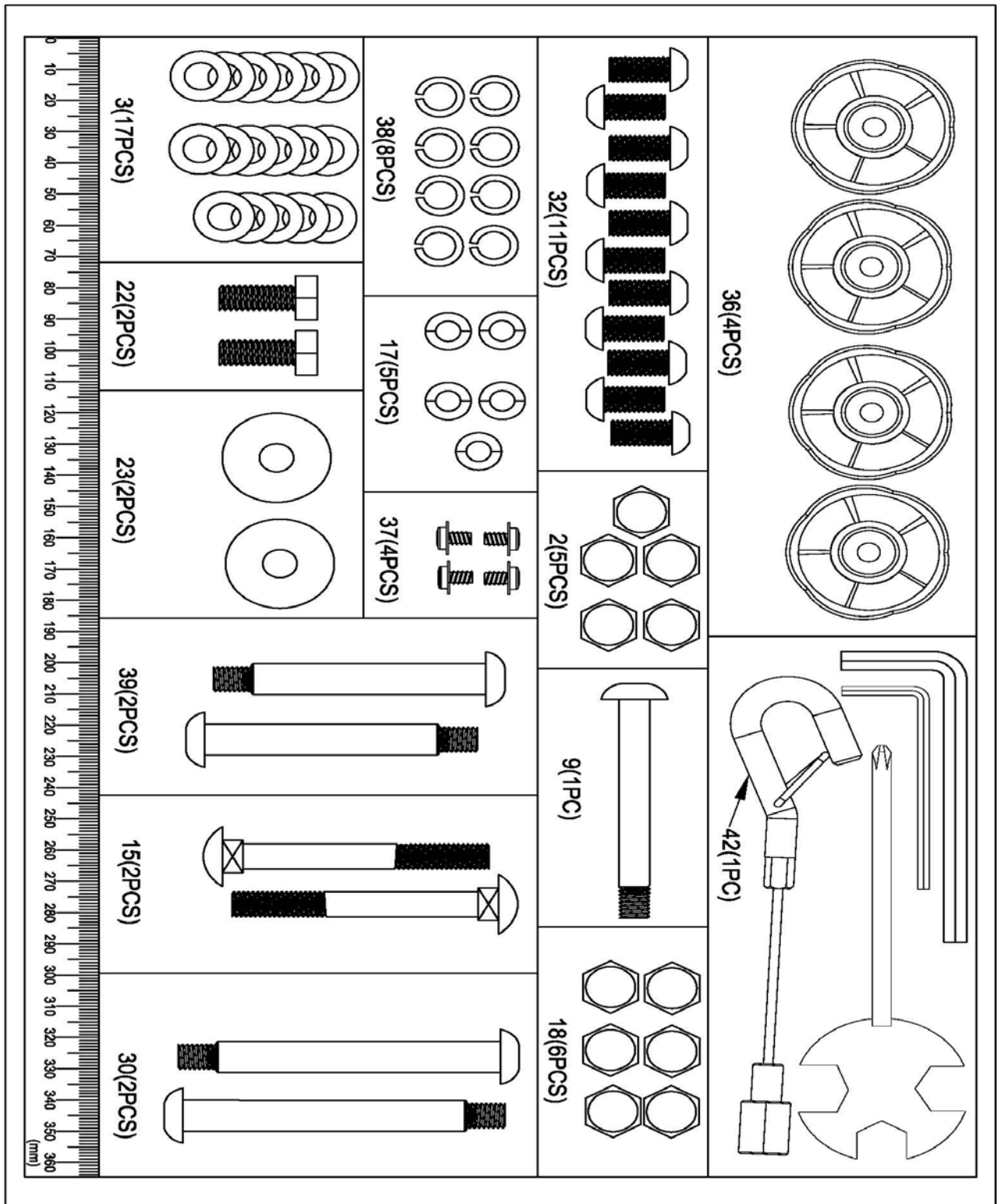


The warning labels have been placed on the unit in location shown. If the labels are missing or illegible, please call customer service at 1-877-738-1729 for replacements. Apply the labels in location shown.

# CONTENTS OF PACKAGING

			1	
 RIGHT			1	
 LEFT			1	
			2	
	1		1	
			1	
 LEFT	1	 RIGHT	1	
			1	
			1	
 RIGHT			1	
 LEFT			1	
			1	
 RIGHT			1	
 LEFT			1	
			1	
			1	
			1	

# CARDIOSTRIDER HARDWARE PACK

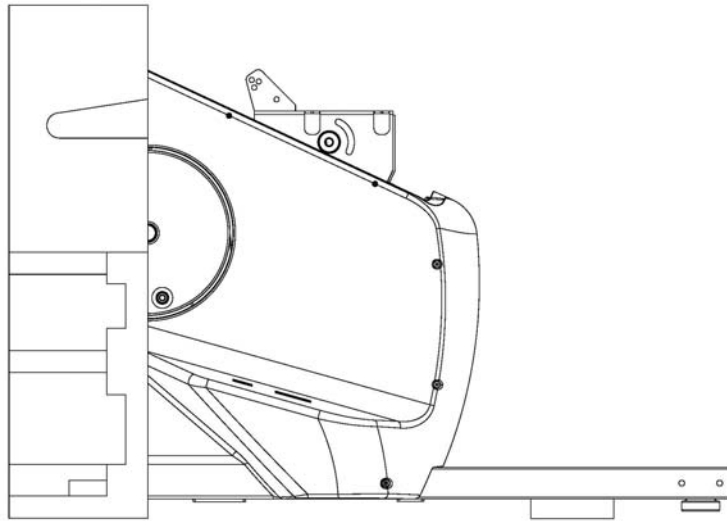


**NOTE:** The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.

# CARDIOSTRIDER ASSEMBLY INSTRUCTION

## STEP 1 *(see figure 1)*

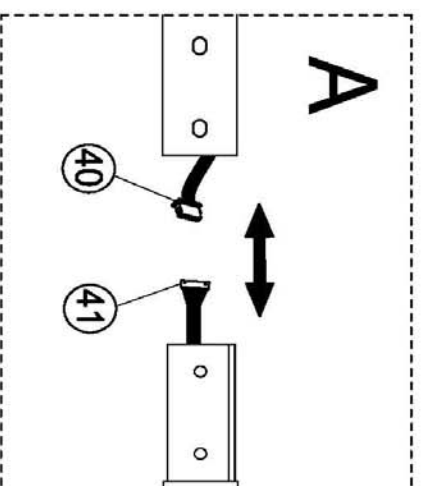
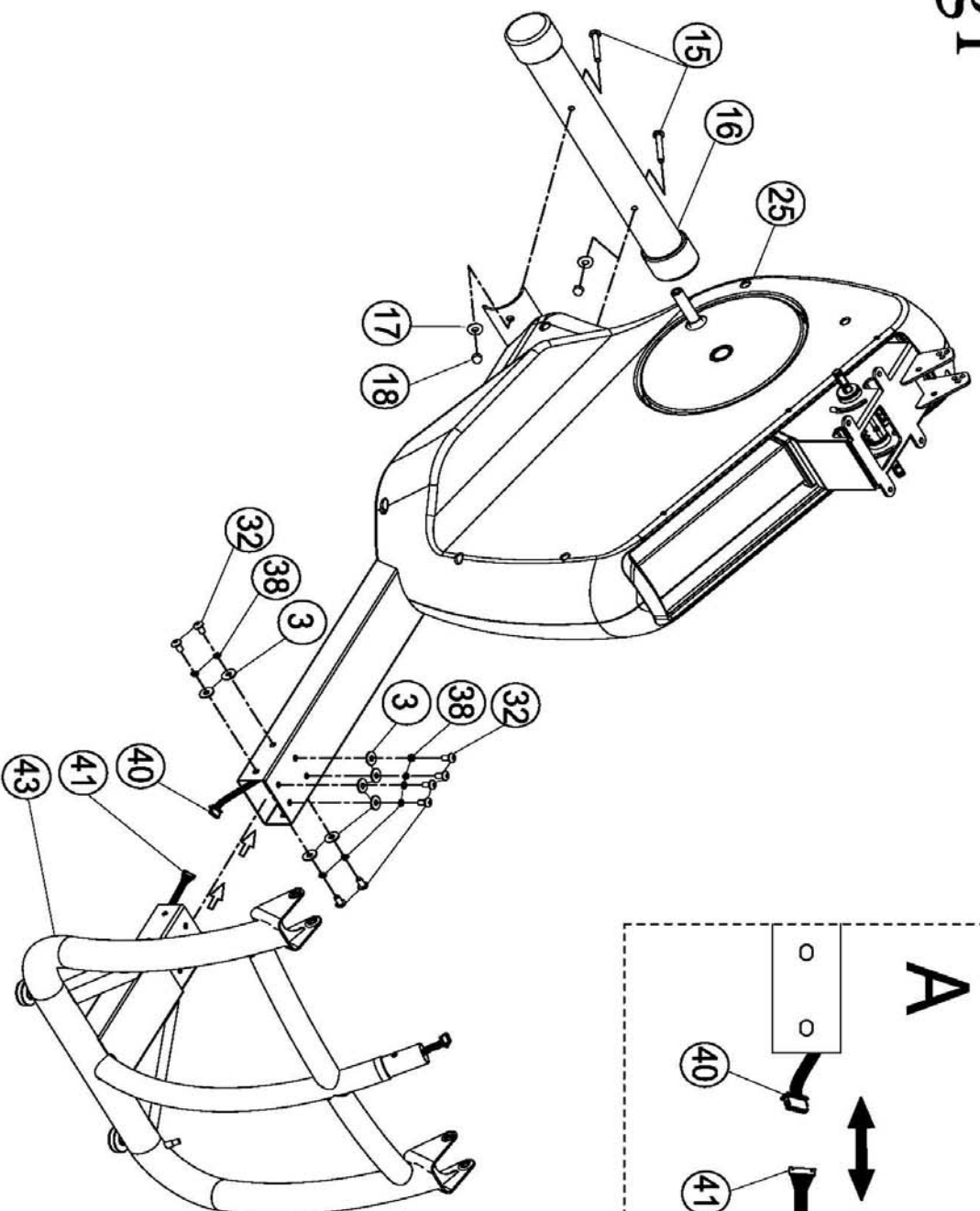
- a) Remove contents of packaging leaving only the large styrofoam block supporting the rear part of the unit. The center tube should protrude freely at the front as shown below.



- b) Slide Front Frame Assembly (#43) up to Main Frame Assembly (#25). Assemble computer connectors (#40 and #41).
- c) Assemble Front Frame Assembly (#43) to Main Frame Assembly (#25) with qty 8 – M8x16 screws (#32), qty 8 – M8 lock washers (#38), and qty 8 – M8 washers (#3).
- d) Remove the remaining large Styrofoam block at the rear of the unit. Place Rear Stabilizer Tube Assembly (#16) underneath Rear Mounting Bracket. **Ensure that the transport wheels are facing backwards.**
- e) Attach the Rear Stabilizer Tube Assembly (#16) to the frame as with qty 2 - M8x70 carriage bolts (#15), qty 2 - M8 Curved Washers (#17), and qty 2 – M8 Cap Nuts (#18).



# Fig1

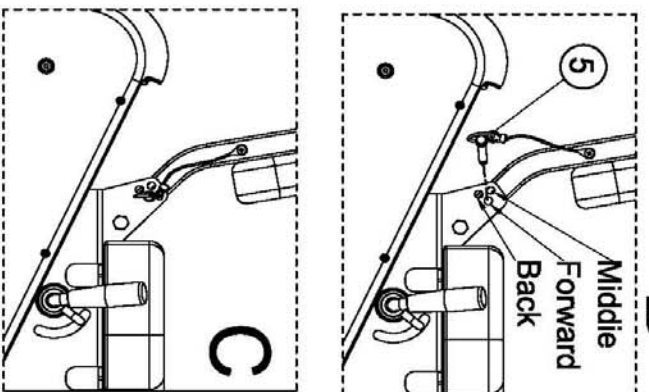
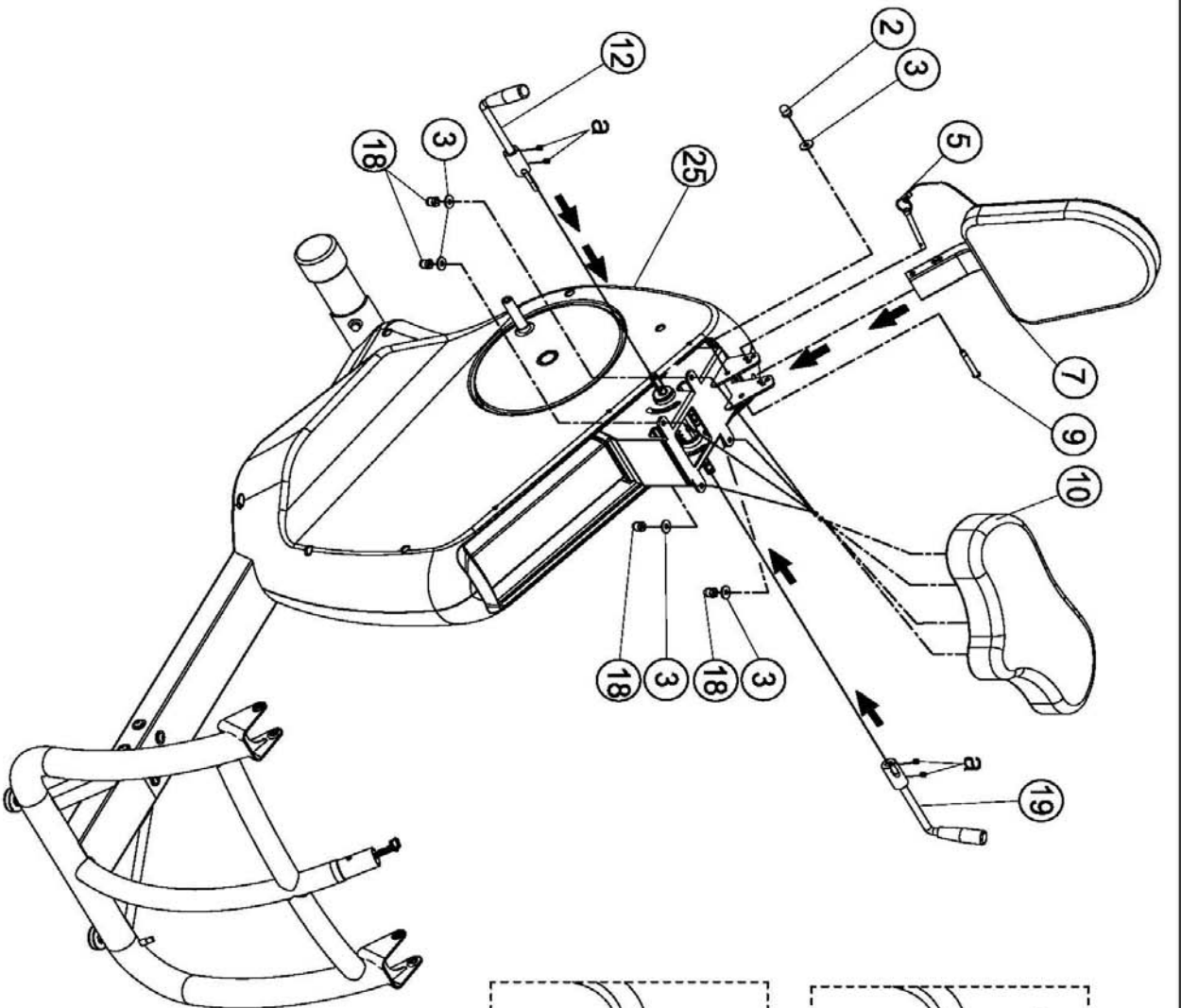


8PCS	8PCS	8PCS	2PCS
M8x16	M8x16	Ø8	Ø8
(32)	(15)	(38)	(17)
2PCS	M8x70	2PCS	2PCS
		Ø8	Ø8
		M8	(18)

## STEP 2

- a) Assemble Backrest Assembly (#7) onto Seat Slider Assembly with qty 1 – M8x70 bolt (#9), qty 1 – M8 washer (#3), and qty 1 – Locking Cap Nut (#2).
- b) **Choose a preferred Seatback Recline Angle** (*See Figure B*). The Backrest Assembly (#7) may be installed in 3 different recline angles (FORWARD, MIDDLE, BACK) based on the user's preferred position. Align holes based on preferred seat position and place Adjustment Pin (#5) through aligned holes.
- c) Assemble Right Cam Lock Handle (#12) to Seat Slider Assembly and tighten the socket screws (a). **NOTE: ENSURE THAT THE RIGHT CAM LOCK HANDLE HAS AN “R” STICKER.**
- d) Assemble Left Cam Lock Handle (#19) to Seat Slider Assembly and tighten the socket screws (a). **NOTE: ENSURE THAT THE LEFT CAM LOCK HANDLE HAS AN “L” STICKER.**
- e) Assemble Seat Bottom Pad Assembly (#10) onto Seat Slider Assembly using qty 4 – M8 washers (#3) and qty 4 – M8 Cap Nuts (#18).

# Fig2



1PC	↔ (9)	5PCS	⌀ (3)	4PCS	⌀ (18)
	M8x70		M8		M8
				1PC	⌀ (2)
					M8

## STEP 3

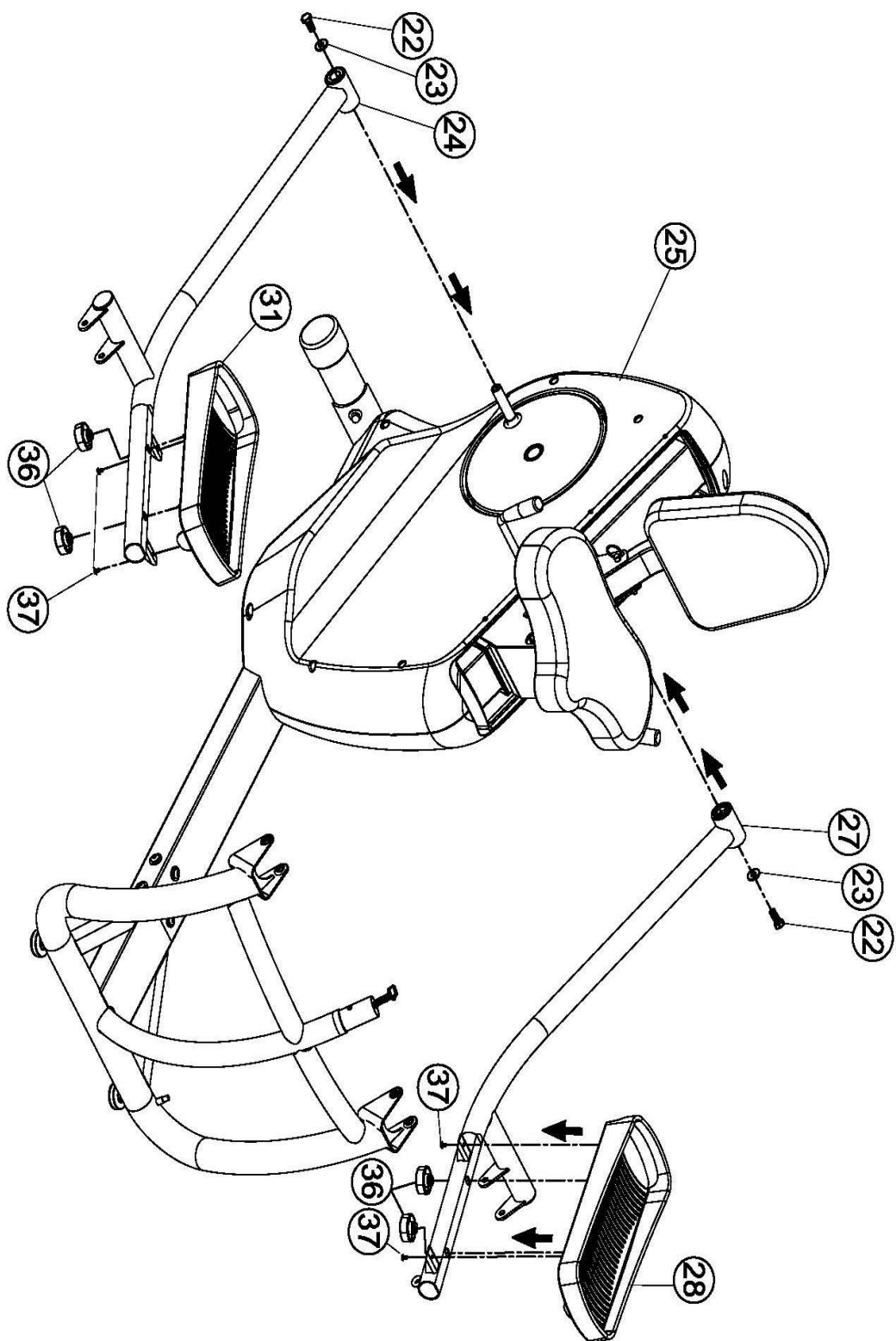
- a) Assemble Right Pedal (#31) onto Right Pedal Arm Assembly (#24) using qty 2 – M6 Molded Plastic Nuts (#36) and qty 2 – 4.2x6 self tapping screws (#37).
- b) Assemble Right Pedal Arm Assembly (#24) onto the Right Side Crank. **NOTE: THERE IS A SPACER INSIDE THIS PEDAL ARM PIVOT. WHEN ASSEMBLING PEDAL ARM, PLACE FINGER INSIDE TO ENSURE THE SPACER IS CENTERED. THIS ALLOWS THE PEDAL ARM TO SLIDE SMOOTHLY ONTO THE CRANK.**

Secure using qty 1 – M8x20 Bolt (#22) and qty 1 – M8 Washer (#23).


- c) Assemble Left Pedal (#28) onto Left Pedal Arm Assembly (#27) using qty 2 – M6 Molded Plastic Nuts (#36) and qty 2 - 4.2x6 self tapping screws (#37).
- d) Assemble Left Pedal Arm Assembly (#27) onto the Left Side Crank. **NOTE: THERE IS A SPACER INSIDE THIS PEDAL ARM PIVOT. WHEN ASSEMBLING PEDAL ARM, PLACE FINGER INSIDE TO ENSURE THE SPACER IS CENTERED. THIS ALLOWS THE PEDAL ARM TO SLIDE SMOOTHLY ONTO THE CRANK.**



Secure using qty 1 – M8x20 Bolt (#22) and qty 1 – M8 Washer (#23).

# Fig3



4PCS  (36)

2PCS  (22)

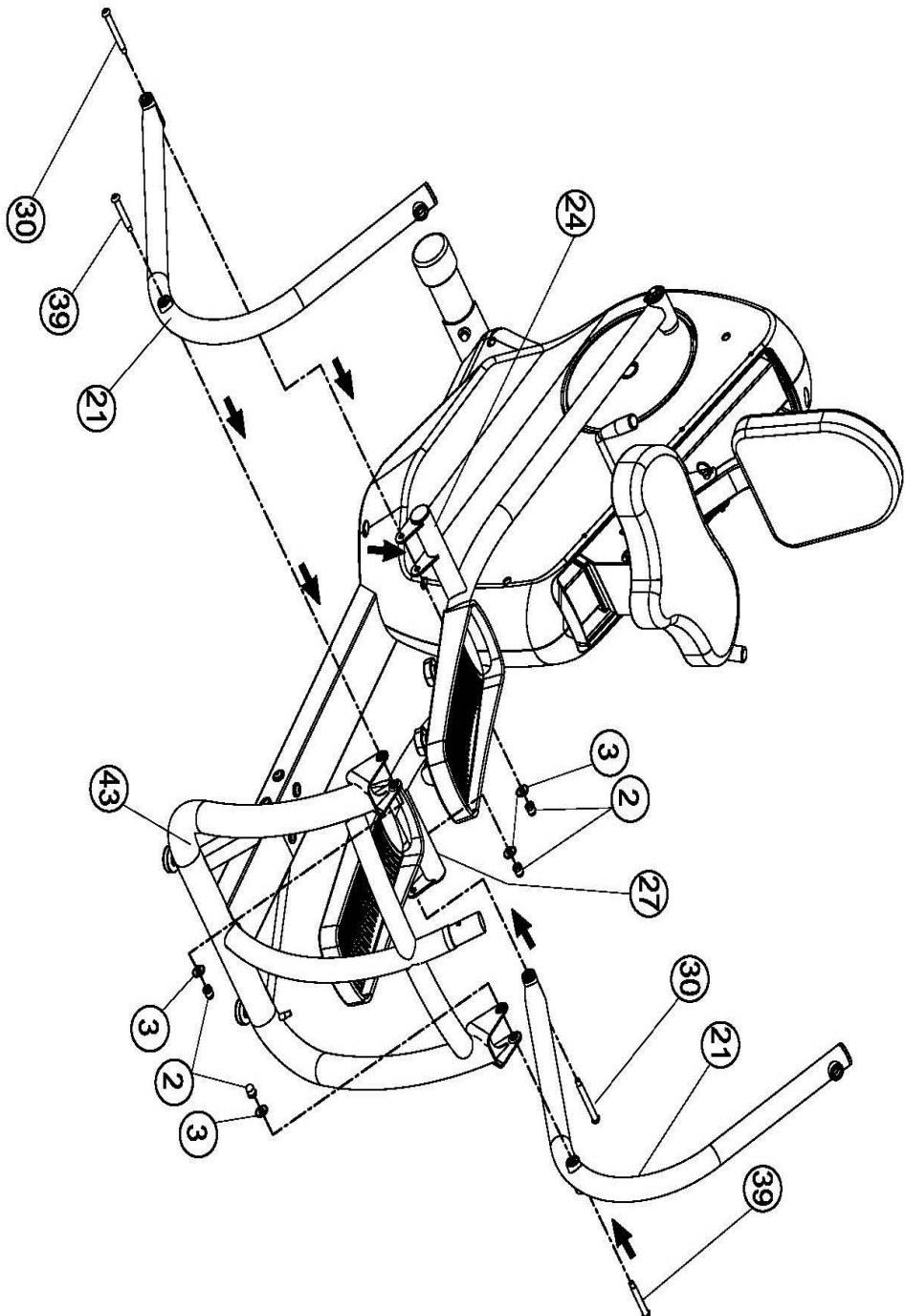
2PCS		(23)
4PCS		(37)

ST4.2\*6

## STEP 4

- a) Place Swing Arm Assembly (#21) onto the right side U-Bracket of the Front Frame Assembly (#43). Secure using qty 1 – Ø10x75mm Shoulder Bolt (#39), qty 1 – M8 Washer (#3), and qty 1 – M8 Locking Cap Nut (#2).
- b) Assemble Swing Arm Assembly (#21) to Right Pedal Arm Assembly (#24) using qty 1 – Ø10x85mm Shoulder Bolt (#30), qty 1 – M8 Washer (#3), and qty 1 – M8 Locking Cap Nut (#2).
- c) Place Swing Arm Assembly (#21) onto the left side U-Bracket of the Front Frame Assembly (#43). Secure using qty 1 – Ø10x75mm Shoulder Bolt (#43), qty 1 – M8 Washer (#3), and qty 1 – M8 Locking Cap Nut (#2).
- d) Assemble Swing Arm Assembly (#21) to Left Pedal Arm Assembly (#27) using qty 1 – Ø10x85mm Shoulder Bolt (#30), qty 1 – M8 Washer (#3), and qty 1 – M8 Locking Cap Nut (#2).

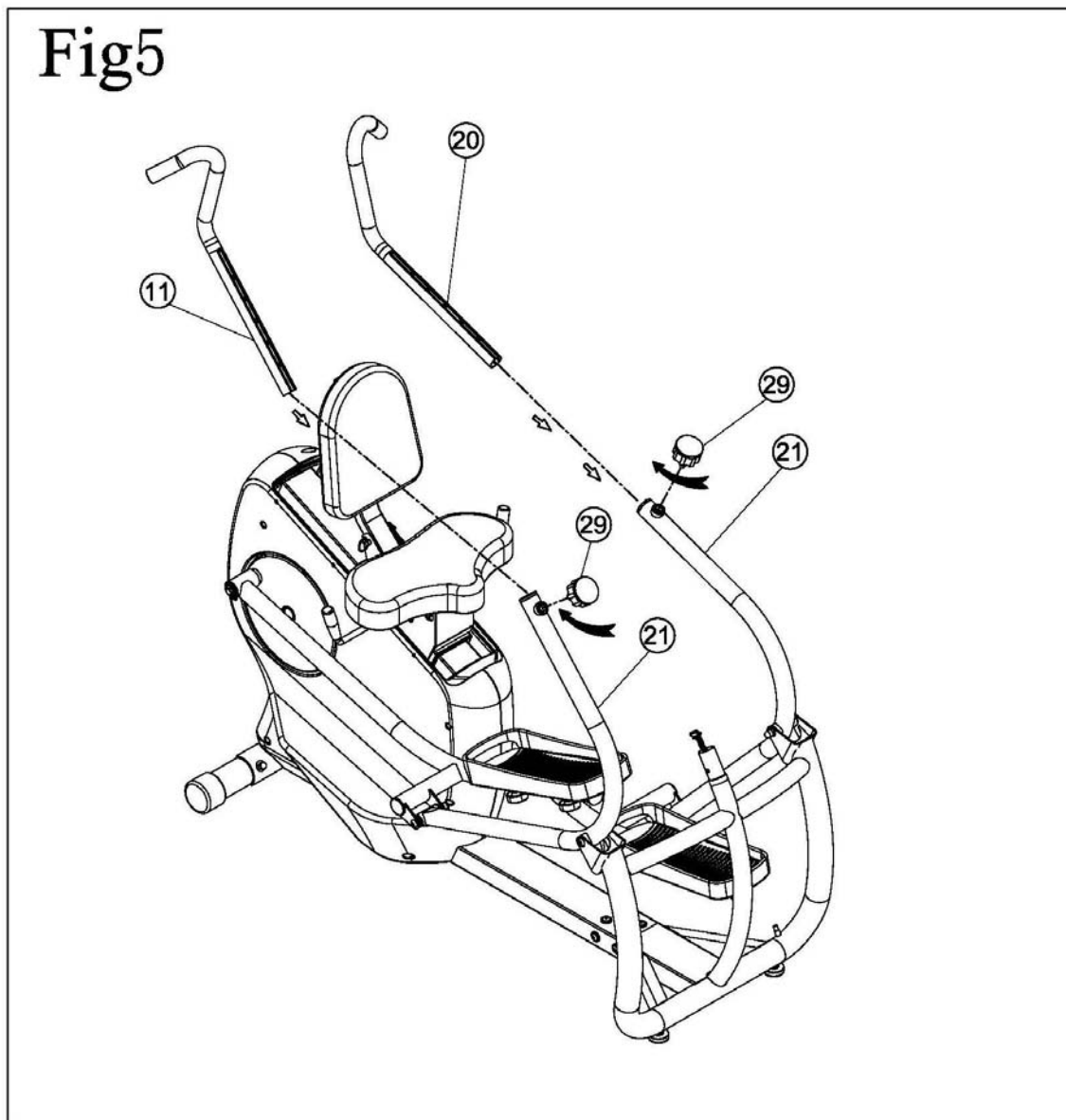
# Fig4



4PCS	⌀	(3)	4PCS	⌀	(2)
2PCS	⌀10*71.5	(39)	2PCS	M6	(30)

## STEP 5

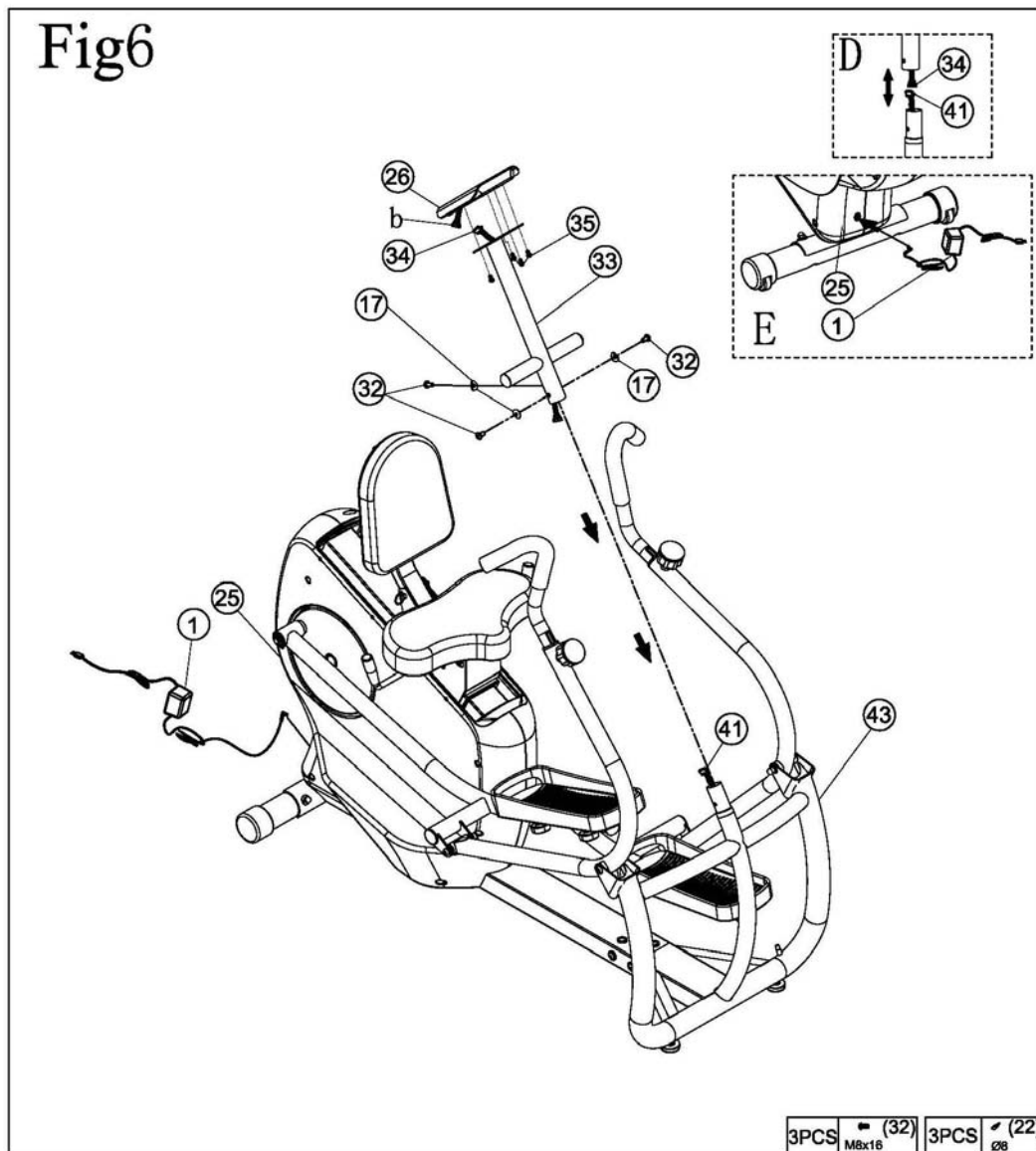
- a) Place Right Handle Assembly (#11) onto Swing Arm Assembly (#21). Choose preferred handle location and secure using Pop Pin (#29).
- b) Place Left Handle Assembly (#20) onto Swing Arm Assembly (#21). Choose preferred handle location and secure using Pop Pin (#29).





## STEP 6

- a) Connect Computer Console connector (b) to Upper Mast Cable (#34) and secure the Computer Console (#26) to the Console Mast (#33) using qty 4 – M4 screws (#35).
- b) Connect Upper Mast Cable (#41) to Main Console Cable (#34) and attach Console Mast (#33) to Front Frame Assembly (#43) using qty 3 – M8x16 screws (#32) and qty 3 – M8 Washers (#17).
- c) Connect the Power Adapter (#1) to the back of the Main Unit (#25). Connect to a 120VAC power source.

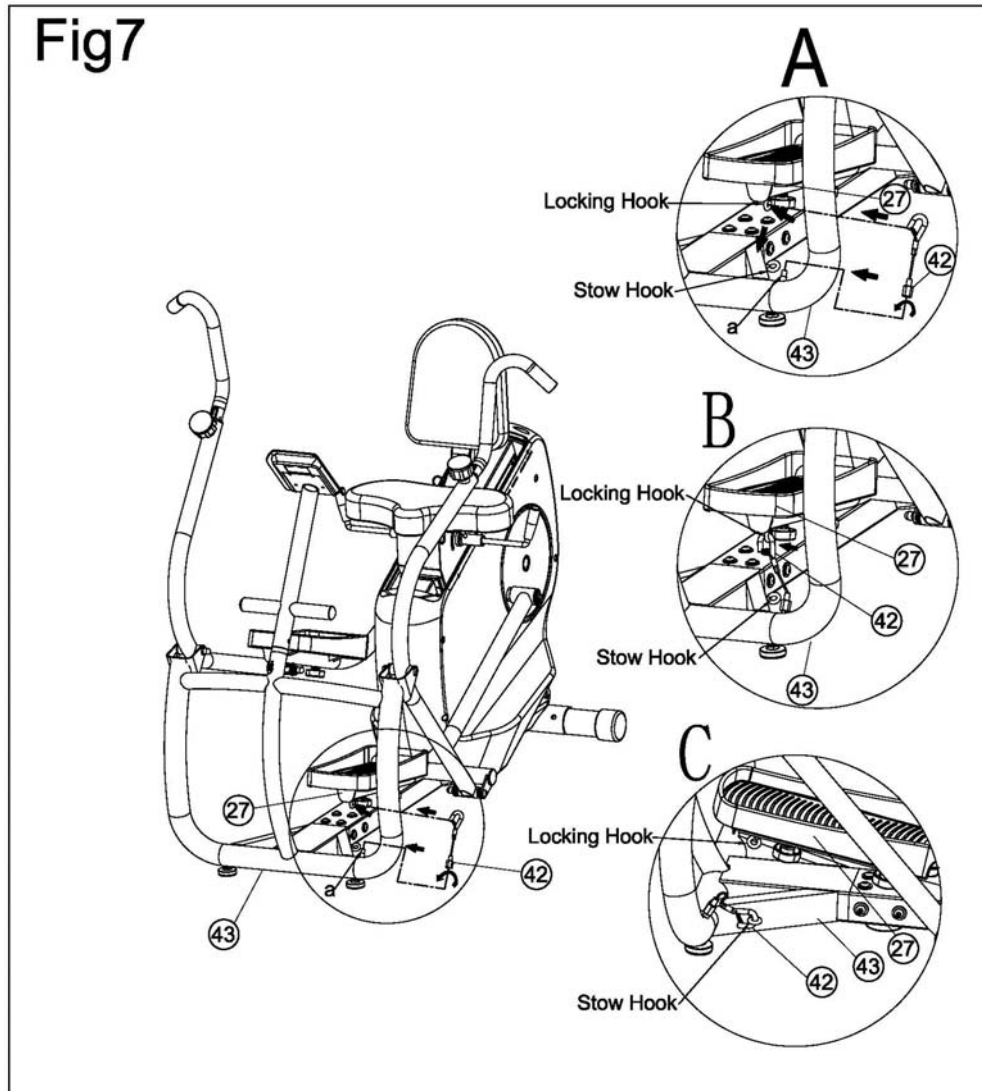


## STEP 7: CONNECTION OF CHILD SAFETY LOCK

- a) **IMPORTANT FINAL STEP:** Screw threaded nut of CHILD SAFETY LOCK ASSEMBLY (#42) onto the exposed bolt threads of the FRONT FRAME ASSEMBLY (#43). (see FIGURE A below)

### ENGAGING THE CHILD SAFETY LOCK ASSEMBLY

1. ALWAYS engage the CHILD SAFETY LOCK ASSEMBLY after each use by clipping it onto the Locking Hook located under the LEFT PEDAL ARM ASSEMBLY (#27). (*FIGURE B*).
2. Before each workout, disengage the clip from the Locking Hook under the pedal. The CHILD SAFETY LOCK ASSEMBLY can then be clipped onto the front frame assembly Stow Hook (*FIGURE C*).



# COMPUTER OPERATION



## DISPLAY

- A. **TIME:** During a workout the time counts up from 0:00. TIME may also be set as a goal and will count down from a set time.
- B. **DISTANCE:** Keeps track of total DISTANCE traveled during a workout (*miles*)
- C. **CALORIES / WATTS:** Press ENTER during a workout to toggle between CALORIE view, WATTS view, or AUTO toggle (*computer switches automatically every 5 seconds between calories and watts*)
  - I. **CALORIES:** Keeps track of the total CALORIES burned during a workout.
  - II. **WATTS:** The current power input by the user. This calculation is based on the RESISTANCE and SPEED.
- D. **TOGGLE WINDOW:** Displays the SPEED (*mph*) or RPM. During a workout, press the enter button to toggle between SPEED, RPM or Auto View (*Toggles between SPEED and RPM every 5 seconds*).
- E. **MATRIX:** Displays the previous levels of resistance during the workout and the current resistance level
- F. **LEVEL:** Displays the current Resistance Level. There are 16 levels of resistance.

## OPERATION

1. PRESS the START/STOP button to begin workout after computer boots up.  
Time will count UP from 0:00
2. RESISTANCE: During a workout, press the UP or DOWN button to control the workout resistance (*Level 1 to Level 16*)
3. *Press and hold* the ENTER or START/STOP key at any time to reset the computer
4. A complete reset of the console may be completed by unplugging and replugging the rear power inlet.

## GOAL PROGRAMS

The CS1 computer console may also run a goal program in which the user reaches a Total Calorie, Total Distance, or Total Time before the workout is complete.

1. When computer is in STOP mode, press the ENTER button to toggle between TIME, DISTANCE, and CALORIES.
2. Press UP or DOWN to set a goal for the field you would like
3. Press START to begin your GOAL PROGRAM.

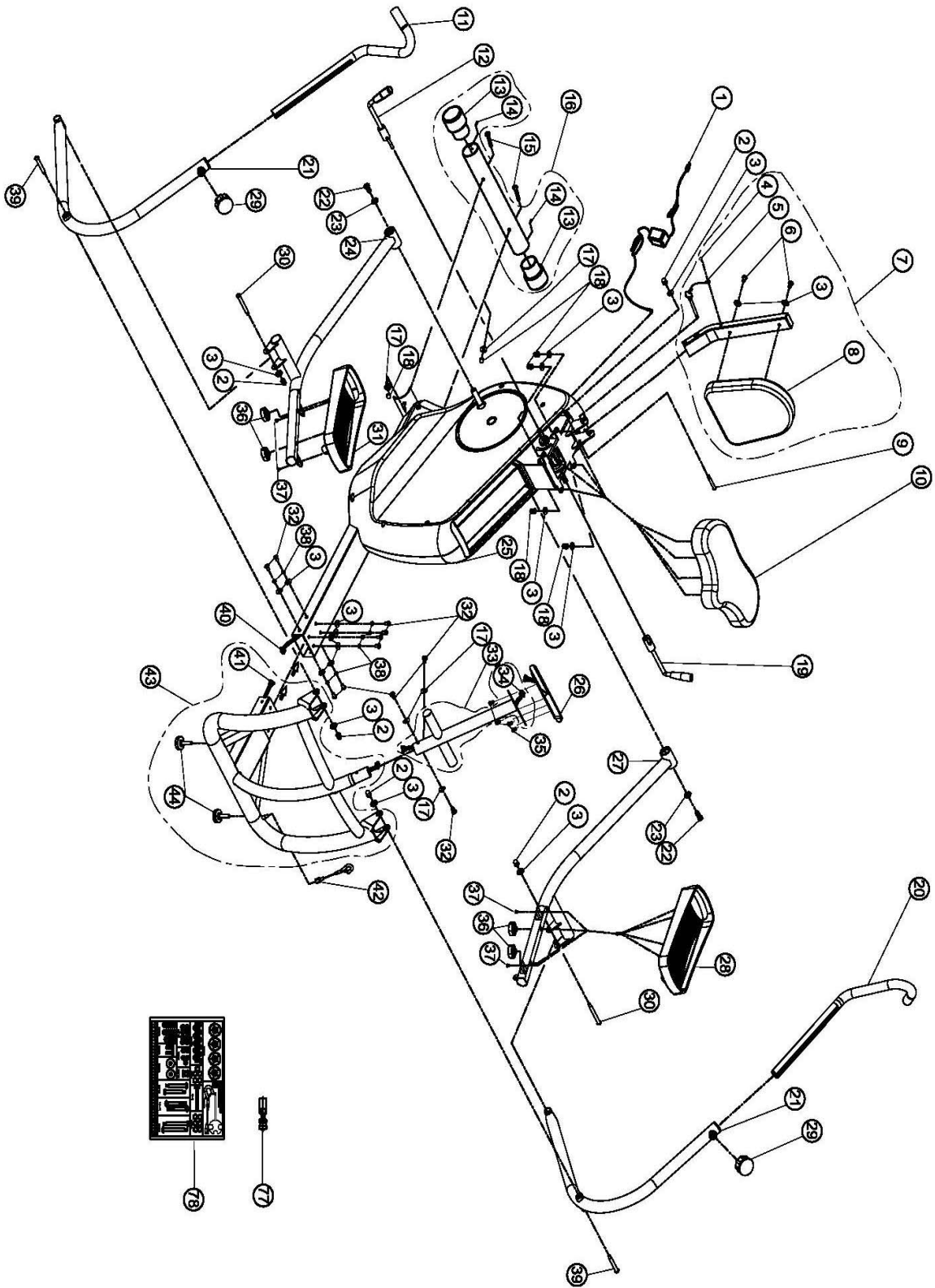
For example, if you would like to do a 300 calorie workout, Press ENTER (*while computer time is stopped*) so CAL is blinking. Press the UP key to 300 and press START. You are now running a program that will not stop until you have burned 300 calories.

# PARTS LIST

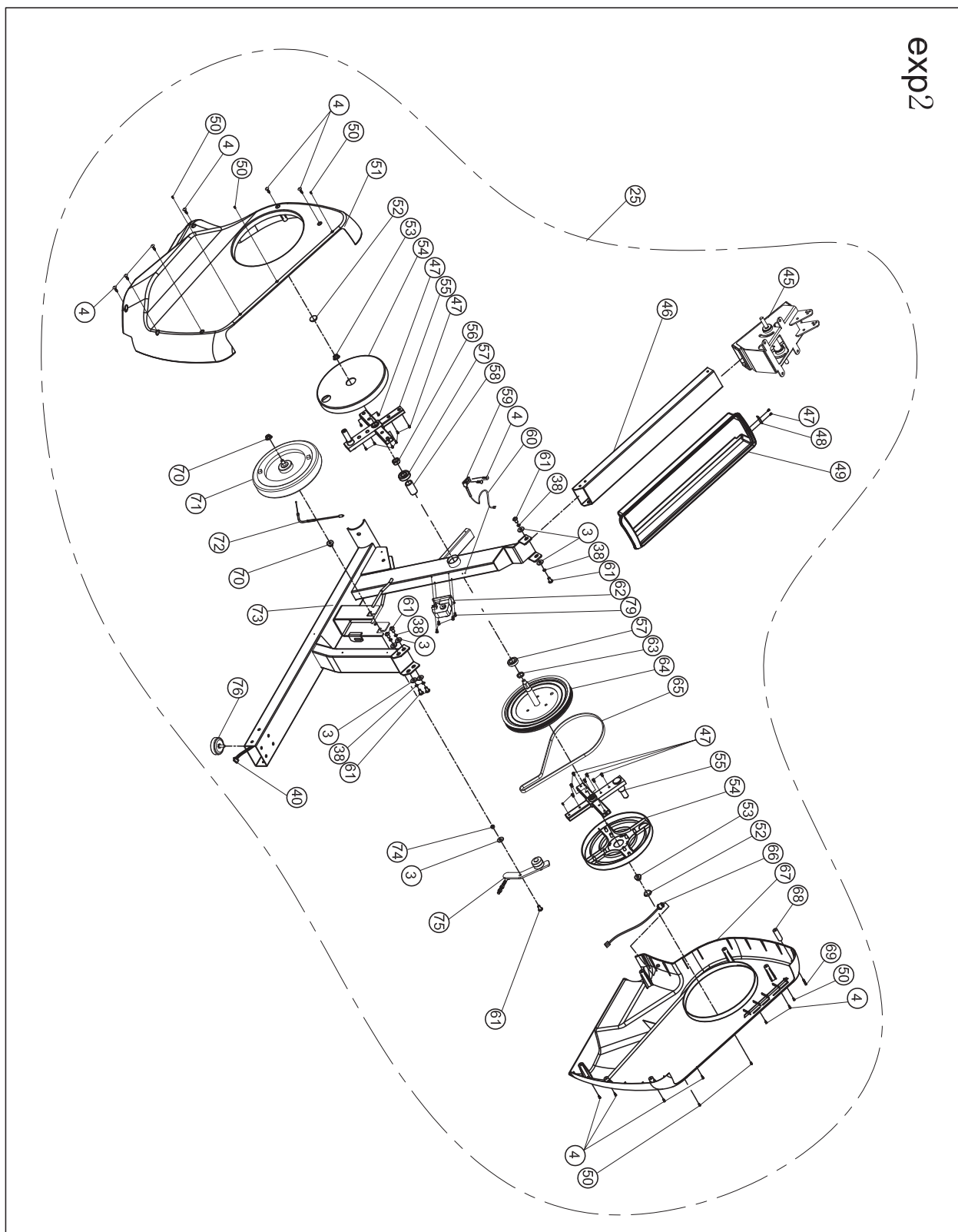
Seq.	Part No	Part Name	Spec	Q'TY
1	RC801-630-001A	Power Adapter	120 VAC	1
2	0110-808-008	Cap Nut	M8 Black Zinc Plating	5
3	0116-008-010	Flat Washer	φ8 electrophoretic	26
4	0114-742-198	Self tapping screw	ST4.2*19	15
5	RC800-391-013	Lock pin	φ8*63	1
6	0113-208-358A	Allen head bolt	M8*35 Thread length:15	2
7	RC801-260-002	Backrest Assembly		1
8	RC280-400-001	Backrest Pad	PU foam	1
9	0113-208-708	Allen head bolt	M8*70 Thread length: 10	1
10	RC801-400-001	Seat Bottom Pad Assembly		1
11	RC801-331-002	Handlebar R		1
12	RC800-380-002	Seat adjustment handle R		1
13	B650-0001-025	End Cap with wheel	w/ Ø30*1.5 round tube	2
14	0114-129-138	Self tapping screw	ST2.9*13	2
15	0111-408-718	Carriage bolt	M8*70 half thread	2
16	RC800-341-002	Rear Stabilizer Assembly		1
17	0116-608-008	Arc Washer	φ8mm	5
18	0110-308-008	Cap Nut	M8	6
19	RC800-380-001	Seat adjustment handle L		1
20	RC801-331-001	Handlebar L		1
21	RC801-300-001	Swing Arm		2
22	0111-008-208A	Hex head bolt	M8*20	2
23	0116-208-508	Enlarged flat washer	M8, Black Zinc Plating	2
24	RC801-310-001	Pedal Arm Assembly R	φ8*δ2mm	1
25	RC800-200-000	Rear Frame Assembly		1
26	RC801-630-001	Console	JS1012B (Customized)	1
27	RC801-310-002	Pedal Arm Assembly L		1

28	RC801-801-002	Left pedal		1
29	RC800-801-202	Knob	M16*1.5	2
30	RC801-561-002	Allen head shoulder bolt	φ10*82.5mm	2
31	RC801-801-003	Right Pedal		1
32	0113-008-168	Allen head bolt	M8*16mm	11
33	RC801-210-001	Console Mast		1
34	RC801-630-001B	Control cable (Upper)		1
35	0113-104-088	Allen Head bolt	M4*8mm	8
36	0245-006-01	Molded Plastic Nut	M6	4
37	0114-742-068	Self tapping screw w/ washer	ST4.2*6	4
38	0116-308-010	Spring Washer	φ8mm	14
39	RC801-561-001	Allen head shoulder bolt 1	φ10*71.5	2
40	RC801-630-001C	Control cable (Lower)		1
41	RC801-630-001D	Control Cable (Middle)		1
42	RC801-561-003	Steel Cable Clip	φ2.5*φ8*142	1
43	RC801-200-002	Front Frame Assembly		1
44	RC800-801-020	Adjusting foot pad	M10	2
45	RC801-370-001	Seat support frame		1
46	RC800-201-019	Rail		1
47	0114-142-088	Self tapping screw	ST4.2*8 , F type	18
48	RC800-201-023	Mounting bracket	δ2	1
49	RC800-801-009	Rail Cover		1
50	0114-129-068	Self tapping screw	ST2.9*6 , F type	6
51	RC800-801-004	Main Cover R		1
52	BE480-881-005	Cap Nut	M25*1	2
53	0110-412-599	Flange Nut	M12*1.25	2
54	RC800-801-014	Disk		2
55	RC801-240-001	Crank		2
56	RC801-221-003	Hex nut	M20*1.0	1
57	0171-690-002	Bearing	6904ZZ	2
58	RC801-221-002	Spacer	φ25	1
59	BC770-801-011	Sensor Holder		1
60	RC801-630-001E	Sensor Wire		1

61	0113-208-218	Hex socket pan head screws	M8*20	7
62	RC801-630-001F	Motor, resistance adjustment		1
63	RC800-221-004	Bearing Cup 3	φ25	1
64	RC801-220-002	Belt wheel shaft	φ260,J6 ,	1
65	0140-206-121	Belt	470 , J6 ( FANGSHOU)	1
66	RC801-630-001G	Console power cord		1
67	RC800-801-003	Main cover L		1
68	RC800-391-007	Plastic sleeve	Φ10*41.5	1
69	0114-142-608	Self tapping screw	ST4.2*60	1
70	0110-410-019	Flange Nut	M10*1 (T: 7mm)	2
71	CN-S21-000	Fly Wheel Assembly	5KG dual direction	1
72	RC801-601-001	Resistance Adjustment Cable		1
73	RC801-200-001	Main Frame Assembly		1
74	0110-708-009	Locking Nut	M8	1
75	RC801-230-001	Idler Assembly		1
76	GM575-881-005	Foot	φ60*19	1
77		(S19)Crank Removal Tool	w/ S19 crank vertical shaft	1
78	RC801-891-002	Hardware pack		1







# INSPIRE

## **Warranty**

This Warranty applies to Inspire **Cardio** products manufactured or distributed by FG1 LLC. **This Product is for retail use only. It is NOT warranted for LIGHT-COMMERCIAL or HEALTH CLUB use.**

## **CONSUMER USE:**

### **10 YEAR FRAME:**

Includes Main Frame and Welds

### **3 YEAR PARTS:**

Excluding Paint and Finish (unless defective out of box)

### **1 YEAR LABOR**

FG1, LLC. warrants that the Product you have purchased for personal, family or household use from FG1 LLC or from an authorized FG1 reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. You must demonstrate proof of purchase to obtain a warranty. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish and cosmetic items, including, but not limited to the following: grips, seats and labels. This Warranty becomes **VALID ONLY** if the Product is assembled / installed following the instructions / directions included with the Product.

## **Replacement and repair of parts.**

During the warranty period FG1 will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal personal, family, or household use. In repairing the product, FG1 may replace defective parts with, at the option of FG1, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of FG1. FG1 reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

## **Service procedures.**

To obtain warranty parts, you must return the parts to FG1 or an authorized FG1 retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present FG1 with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof -of-purchase documents will be cause to void this Warranty. Inspire compensates Servicicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. Register your warranty online visit [www.inspirefitness.net](http://www.inspirefitness.net)

## **Conditions and Exceptions.**

This Warranty does not extend to any Product not purchased from FG1 LLC or from an authorized FG1 reseller. Labor claims must be authorized prior to performing service or they may be denied. This warranty does not extend to any product missing a serial number or with a serial tag that has been altered or defaced. This warranty does not extend to service calls to correct installation of the equipment or instruct owners on how to use the equipment. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by FG1; (c) by modification of the Product; (d) as a result of service by anyone other than FG1, or an authorized FG1 warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product); (f) as a result of neglect. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon FG1 receipt of payment or acceptable arrangement of payment.

## **Disclaimer**

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